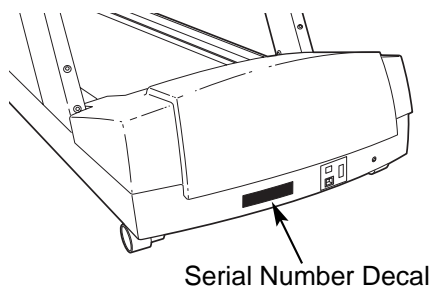


# EPIC T40

**Model No. FMTL39940**

**Serial No. \_\_\_\_\_**

The serial number is found in the location shown below. Write the serial number in the space above.



## USER'S MANUAL

### QUESTIONS?

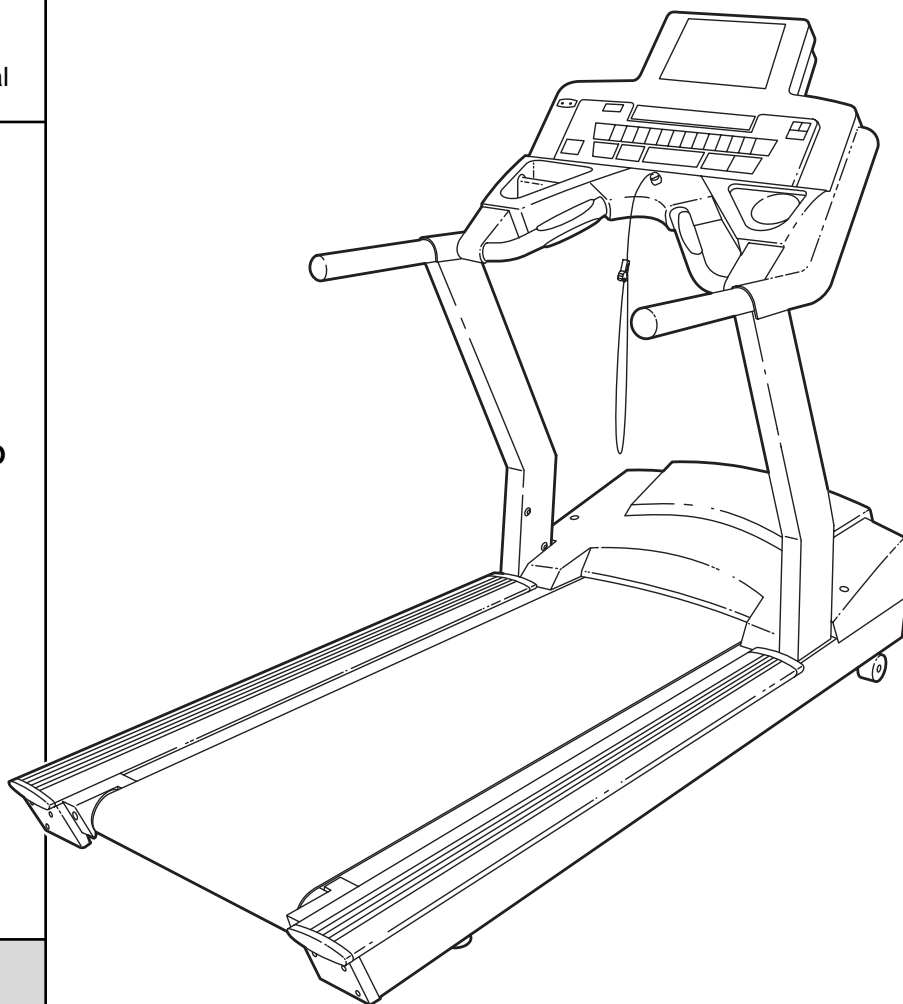
If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**

**1-800-999-3756**

**Mon.-Fri., 6 a.m.-6 p.m. MST**



### **CAUTION**

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



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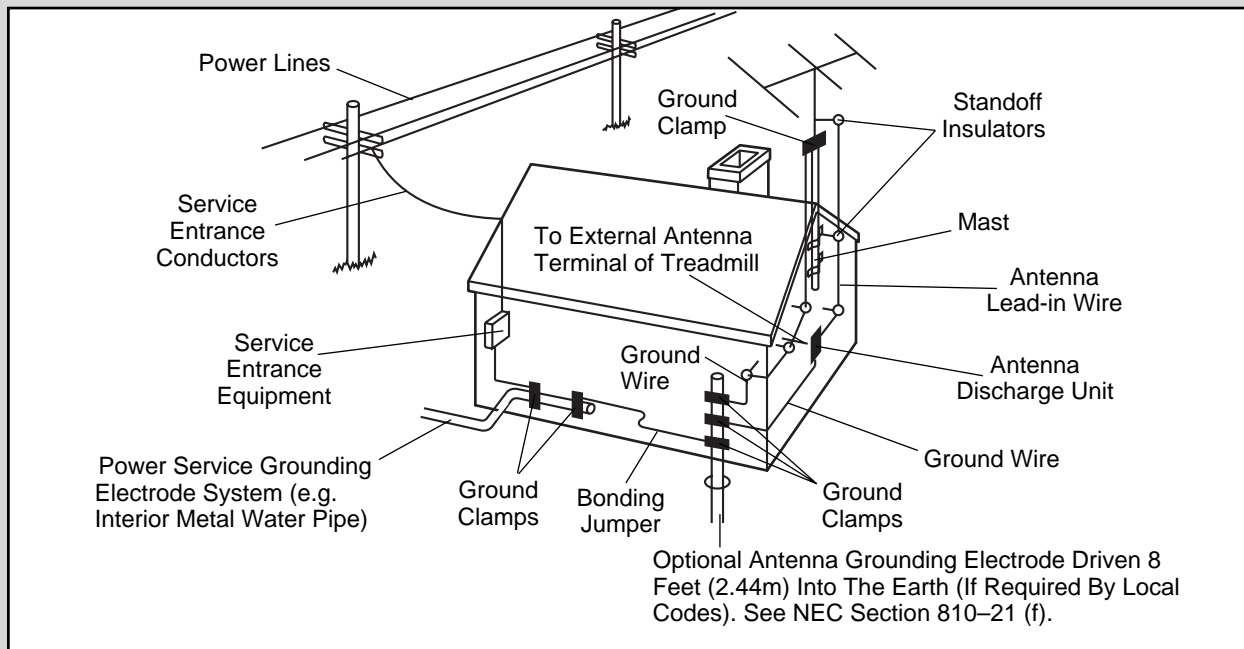
# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not place the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Do not operate the treadmill until it is properly assembled (see ASSEMBLY on page 7).
7. Inspect and properly tighten all parts of the treadmill regularly.
8. Keep children under the age of 12 and pets away from the treadmill at all times.
9. The treadmill should not be used by persons weighing more than 300 pounds. Do not allow more than one person on the treadmill at a time.
10. When connecting the power cord (see page 11), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. To purchase a surge suppressor, see your local EPIC dealer or call 1-800-806-3651 and order part number 146148.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 6 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. To protect the treadmill and TV during lightning storms, unplug the power cord from the wall outlet and disconnect the antenna or cable system. This will prevent damage due to lightning and power line surges.
17. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move the on/off switch to the off position when the treadmill is not in use.
19. Do not change the incline of the treadmill by placing objects under it.

20. When using iFIT.com CDs and videos, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.
21. When using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.
22. Always remove iFIT.com CDs and videos from your CD player or VCR when not in use.
23. Never insert or drop any object into any opening.
24. Make sure to perform all maintenance procedures outlined in this manual. Failure to do so will void the warranty and may result in damage to the treadmill.
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
26. The treadmill is intended for in-home use only. Do not use the treadmill in a commercial, rental, or institutional setting.
27. If an outside antenna or cable system is connected, be sure that the antenna or cable system is grounded to provide some protection against voltage surges and built-up static charges. Section 810 of the National Electrical Code, ANSI/NFPA No. 70-1984, provides information with respect to proper grounding of the mast and supporting structure, grounding of the lead-in wire to an antenna discharge unit, size of grounding conductors, location of antenna discharge unit, connection to grounding electrodes, and requirements for the grounding electrode.
28. An outside antenna system should not be located in the vicinity of overhead power lines or other electric light or power circuits, or where it can fall into such power lines or circuits. When installing an outside antenna system, extreme care should be taken to keep from touching such power lines or circuits, as contact with them might be fatal.
29. To reduce the risk of electric shock, do not remove the cover or back of the TV. There are no user serviceable parts inside. Refer servicing to qualified service personnel.
30. Upon completion of any service or repairs to the treadmill or TV, ask the service technician to perform safety checks to determine that the unit is in proper operating condition (see the drawing on page 5).
  - Use No. 10 AWG (5.3mm<sup>2</sup>) copper, No. 8 AWG (8.4mm<sup>2</sup>) aluminum, No. 17 AWG (1.0mm<sup>2</sup>) copper-clad steel or bronze wire, or larger as a ground wire.
  - Secure the antenna lead-in and ground wires to the house with standoff insulators spaced from 4 to 6 feet (1.22 to 1.83m) apart.
  - Mount the antenna discharge unit as close as possible to where the lead-in enters the house.
  - Use a jumper wire not smaller than No. 6 AWG (13.3mm<sup>2</sup>) copper or the equivalent when a separate antenna-grounding electrode is used. See NEC Section 810-21 (j).

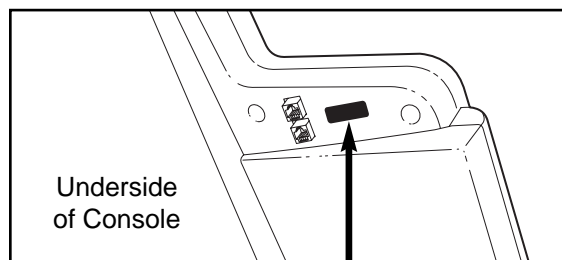
**Note to CATV system installer:** This reminder is provided to call the CATV system installer’s attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building, as close to the point of cable entry as practical.



**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## SAVE THESE INSTRUCTIONS

The decal shown at the right is found on the treadmill in the indicated location. If the decal is missing or illegible, please call our Customer Service Department toll-free (see the front cover of this manual) and order a free replacement decal. Apply the decal in the location shown.



**⚠ WARNING**  
Do not remove or insert this plug while the safety key is inserted in the console. Touch metal frame before removing or inserting plug. Static sensitive components may be affected.

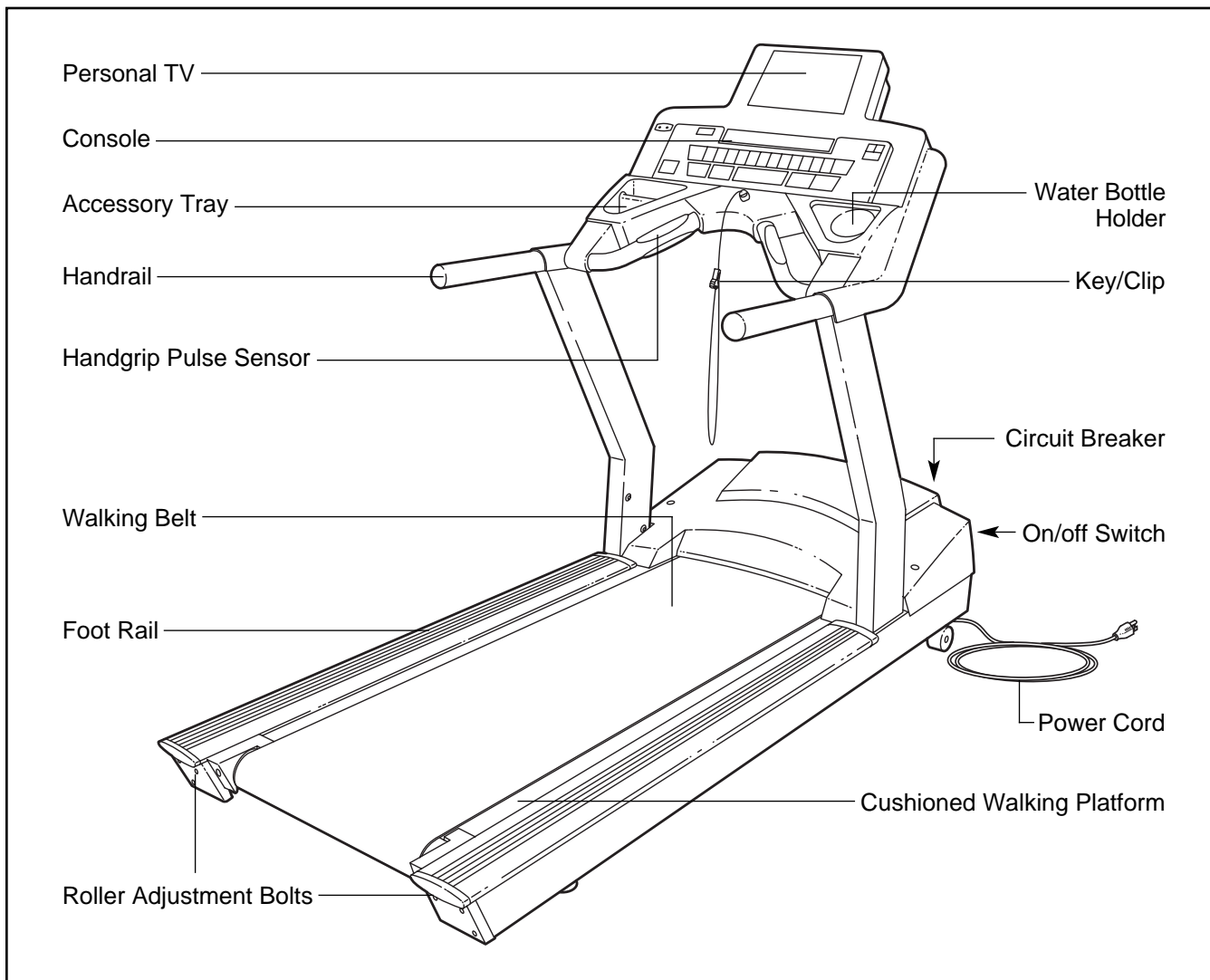
# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary EPIC™ T40 treadmill. The EPIC T40 treadmill offers an impressive array of features to make your home workouts more effective and enjoyable.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (ex-

cluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of your treadmill is FMTL39940. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location of the decal).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



# ASSEMBLY

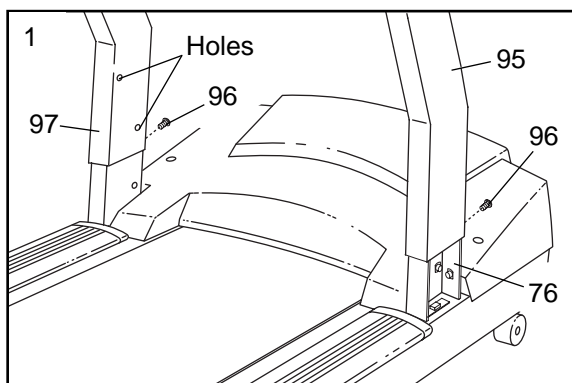
**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly can be completed using the included allen wrenches.**

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

1. Slide the Right and Left Uprights (95, 97) onto the brackets near the front of the Frame (76). **Make sure that the Uprights are on the correct sides; the indicated holes must be facing inward.**

Raise the Right Upright (95) until the lower hole in the front of the Right Upright is aligned with the upper hole in the right bracket on the Frame (76). Thread an Upright Bolt (96) into the Right Upright and the bracket. **Do not tighten the Upright Bolt yet.**

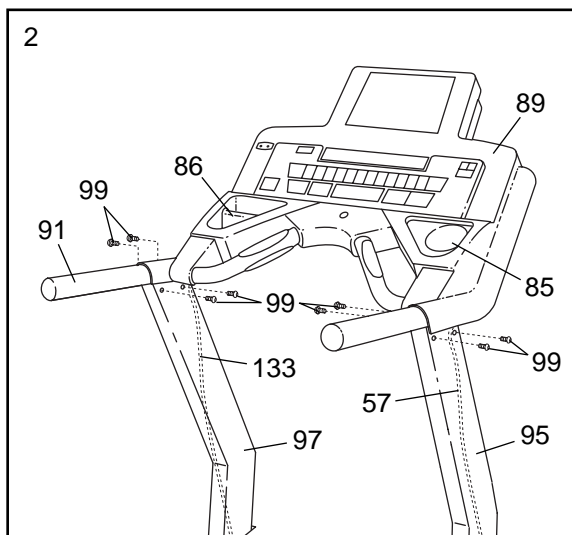
Repeat this step with the Left Upright (97).



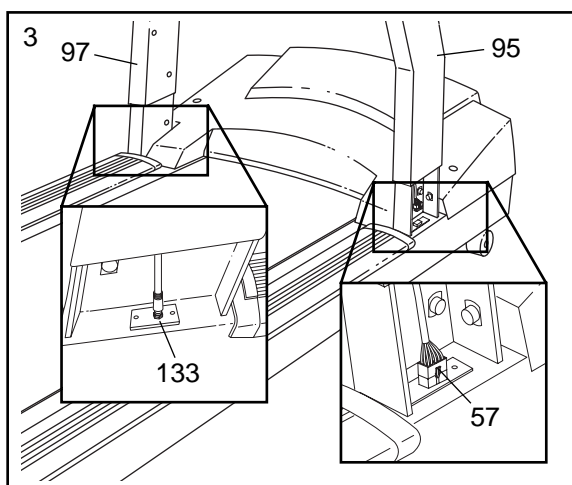
2. Have a second person hold the Handrails (91) near the Right and Left Uprights (95, 97). Feed the Wire Harness (57) down into the Right Upright, and feed the TV Cable (133) down into the Left Upright. Pull the ends of the Wire Harness and the TV Cable out of the lower ends of the Uprights. If there are wire ties on the ends of the Wire Harness and the TV Cable, remove the wire ties. Set the Handrail on the Uprights.

Finger tighten eight Handrail Bolts (99) into the Uprights (95, 97) and the Handrail (91). **Do not tighten the Handrail Bolts yet. Be careful to avoid pinching the Wire Harness (57) and the TV Cable (133).**

Note: The CD Holder (86) and the Cup Holder (85) are replaceable. If these parts become dislodged from the Console Base (89), simply press them back in.



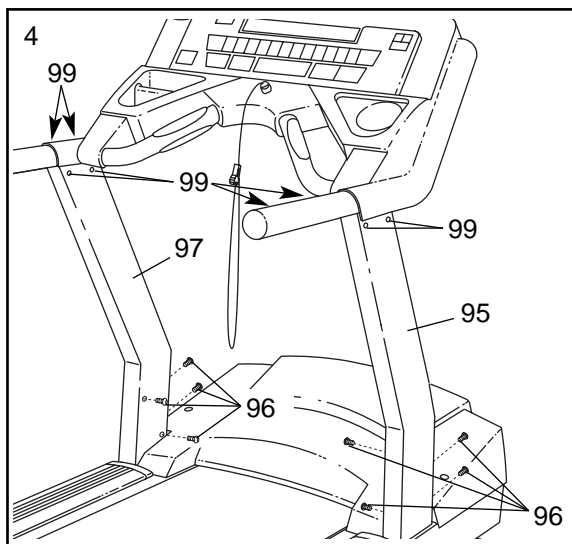
3. Connect the Wire Harness (57) and the TV Cable (133) in the indicated locations. Push the excess wire and cable up into the Uprights (95, 97). **Make sure that the Wire Harness and the TV Cable are fully connected.**



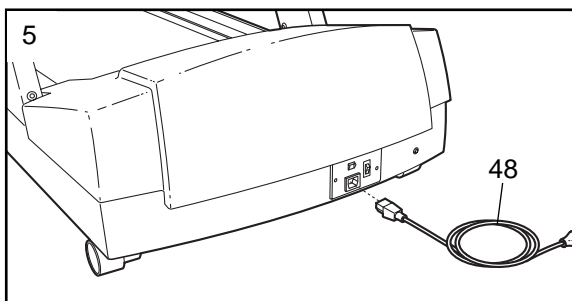
4. See step 1. While a second person holds the Uprights (95, 97), remove the two Upright Bolts (96).

Slide the Uprights (95, 97) fully onto the brackets on the Frame (not shown). **Be careful to avoid pinching your hands or the Wire Harness (not shown).** Attach each Upright with four Upright Bolts (96) as shown. **Firmly tighten all eight Upright Bolts.**

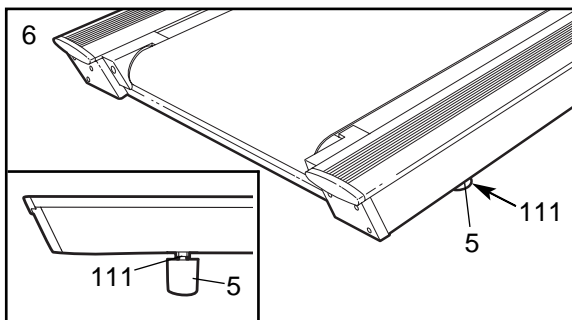
**Firmly tighten the eight Handrail Bolts (99).**



5. Plug the indicated end of the Power Cord (48) fully into the treadmill as shown.

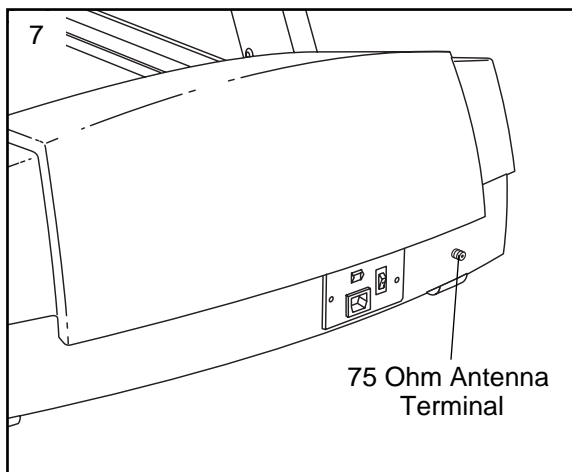


6. After the treadmill is moved to the location where it will be used (see HOW TO MOVE THE TREADMILL on page 30), make sure that both Rear Feet (5) and both front Wheels (not shown) rest firmly on the floor. If the treadmill rocks slightly, loosen the Rear Foot Locknut (111) above the right Rear Foot. Turn the right Rear Foot clockwise or counterclockwise until the rocking motion is eliminated. Then, tighten the Rear Foot Locknut.



7. **Note the location of the 75 ohm antenna terminal on the treadmill. For the television to operate properly, an antenna, a CATV cable, or a VCR must be connected to the 75 ohm antenna terminal.**

**If you are using an antenna**, it must be properly connected and adjusted for optimal reception. See ANTENNA CONNECTIONS on page 9 to properly connect an antenna. **If you are using a CATV cable**, see CATV CABLE CONNECTION on page 9. **If you are using a VCR**, see HOW TO CONNECT A VCR on page 9. **The VCR must be turned on, a videocassette must be properly inserted, and the VCR must be playing. See your VCR user's manual for operating instructions.**



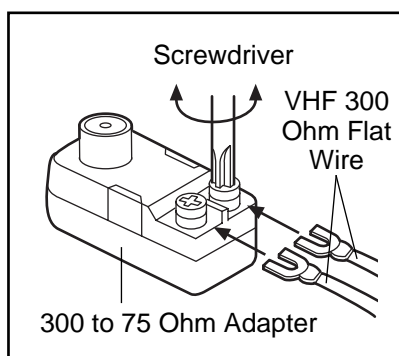
8. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrenches for adjustment purposes. To protect the floor or carpet from damage, place a mat under the treadmill.



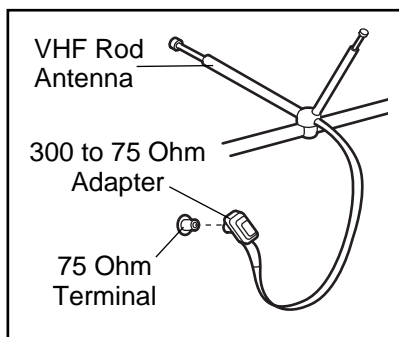
## ANTENNA CONNECTIONS

### Indoor Antenna

1. Place the VHF antenna in the desired location. Connect the 300 ohm flat wire on the antenna to the screws on the 300 ohm to 75 ohm adapter.

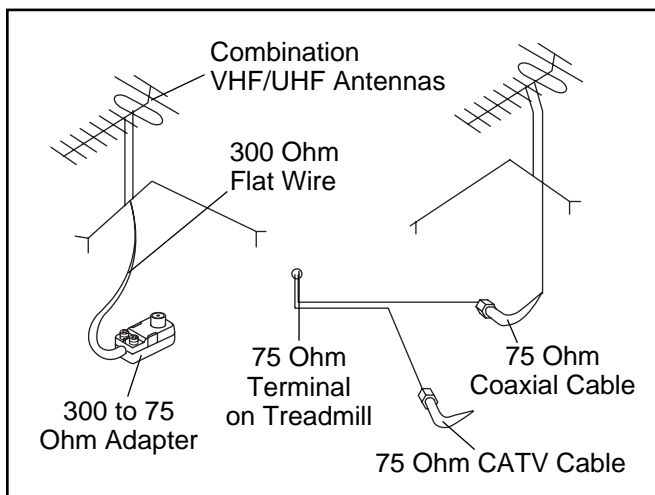


2. Connect the 300 ohm to 75 ohm adapter to the 75 ohm antenna terminal on the treadmill (see assembly drawing 7 on page 8 shows the location of the terminal.)



### Outdoor Antenna

Outdoor antennas are subject to weathering that can reduce signal quality. Inspect the antenna and lead-in wiring before connecting the antenna. Any service center can explain the various outdoor antennas available.



### 300 Ohm Flat Wire

1. See the drawing above. Connect the 300 ohm flat wire to the 300 ohm to 75 ohm adapter.

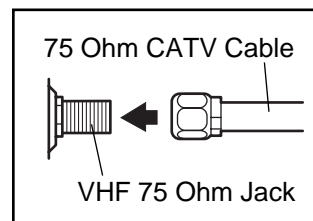
2. Connect the 300 ohm to 75 ohm adapter to the 75 ohm antenna terminal on the treadmill (see assembly drawing 7 on page 8).

### 75 Ohm Coaxial Cable

1. See the drawing at the lower left. Connect the 75 ohm coaxial cable directly to the 75 ohm antenna terminal on the treadmill (see assembly drawing 7 on page 8).

### CATV CABLE CONNECTION

1. Connect the CATV cable (75 ohm coaxial cable) to the 75 ohm antenna terminal on the treadmill (see assembly drawing 7 on page 8). Route the cable so it will not be pinched or crushed by the wheels when the incline is changed.



Note: A satellite receiver, VCR, or DVD player can also be connected to the treadmill. Connect a CATV cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the 75 ohm antenna terminal on the treadmill (see assembly drawing 7 on page 8). Audio/video equipment without coaxial outputs (some satellite receivers and DVD players) will require an RF modulator to work correctly with the treadmill. RF modulators are available at electronics stores. See the owner's manual for the equipment you wish to connect to determine if an RF modulator is needed.

### HOW TO CONNECT A VCR

Note: A CATV cable (75 ohm coaxial cable) at least nine feet long is required.

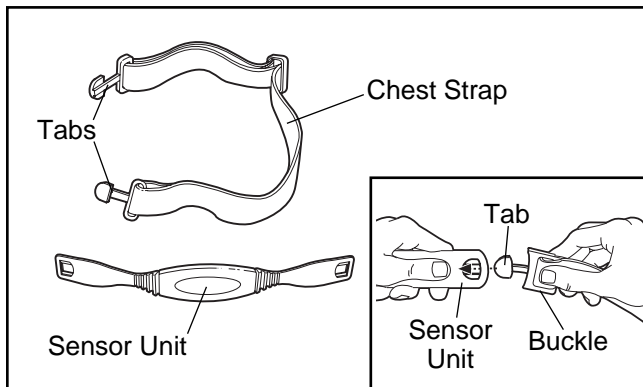
1. Connect one end of the CATV cable to the video output jack on your VCR.
2. Plug in the power cord of your VCR. See your VCR user's manual for proper grounding instructions.
3. Connect the CATV cable to the 75 ohm antenna terminal on the treadmill (see assembly drawing 7 on page 8).

To operate the television with your VCR, **make sure channel 3 or 4 is selected.**

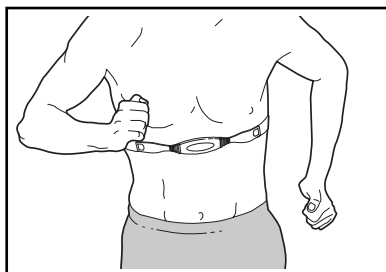
# HOW TO USE THE CHEST PULSE SENSOR

## HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit (see the drawing below). Insert the tab on one end of the chest strap into one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.



Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure the logo on the sensor unit is facing forward and is right-side-up.



Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

## CHEST PULSE SENSOR CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the heart rate monitor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are

dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.

- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° Fahrenheit (50° Celsius) or below 14° Fahrenheit (-10° Celsius).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

## CHEST PULSE SENSOR TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery in the chest pulse sensor may need to be replaced (see page 28).

# TREADMILL OPERATION

## THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant.

**IMPORTANT:** Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

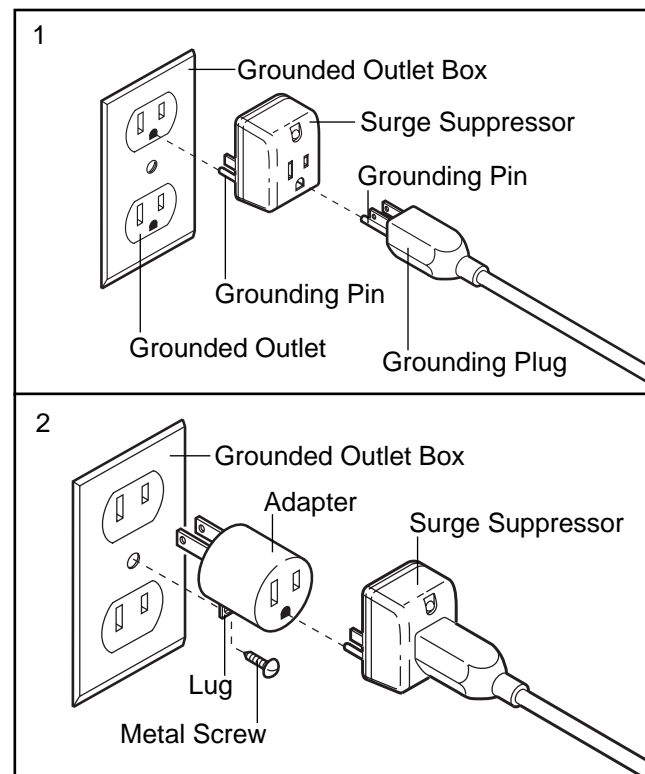
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local EPIC dealer or call 1-800-806-3651 and order part number 146148.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having

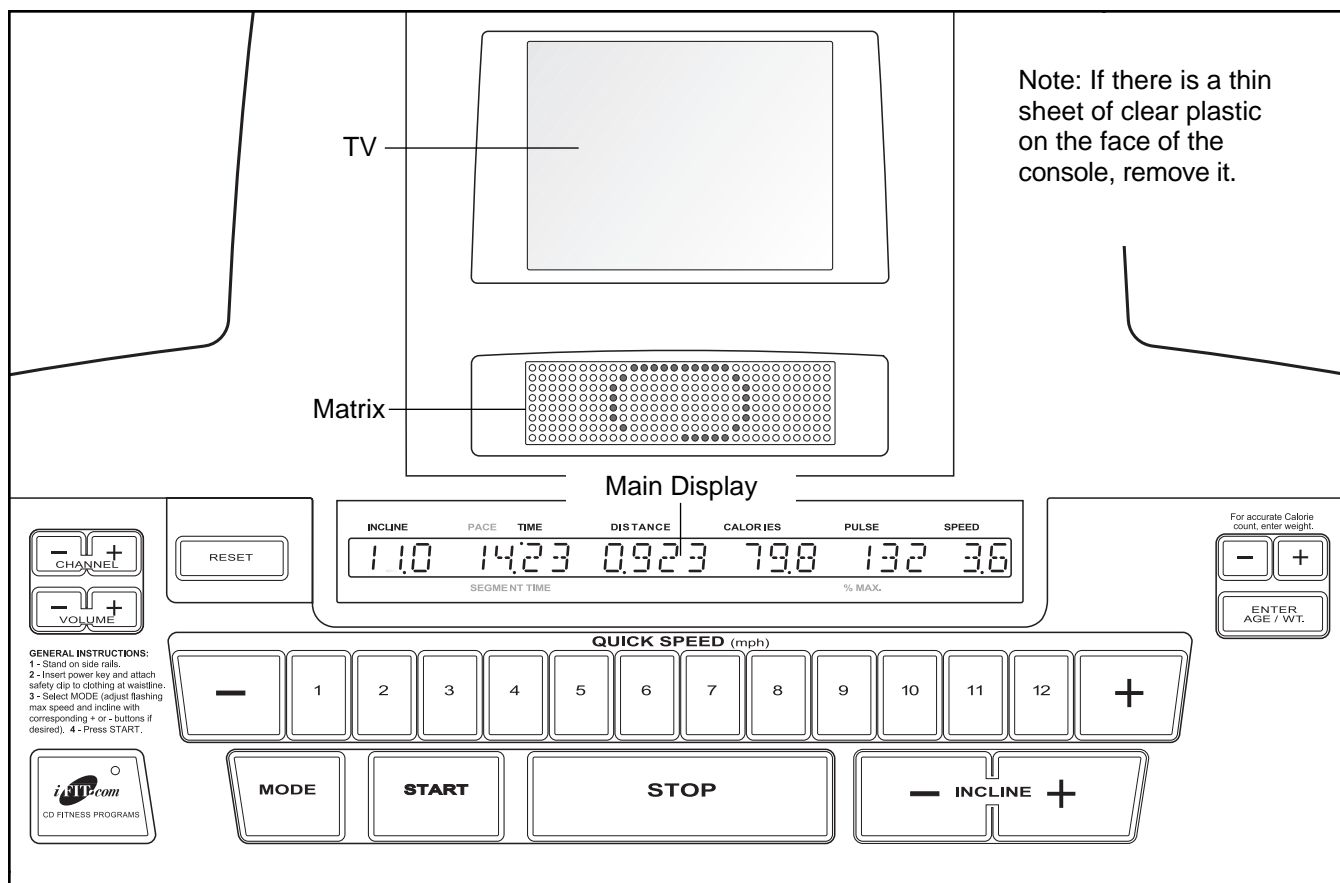
an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



## FEATURES OF THE CONSOLE

The console offers an impressive array of features to help you get the most from your exercise.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor.

Six preset workout programs are also offered. Each program automatically controls the speed and incline of the treadmill to give you an effective workout.

In addition, the console offers three pulse-driven programs that adjust the speed and incline of the treadmill to keep your heart rate near target levels during your workouts, and a unique fitness test program that measures your relative fitness level.

The console also features new iFIT.com interactive technology. Having iFIT.com technology is like having a

personal trainer in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed and incline of the treadmill as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs or videocassettes, call toll-free 1-800-735-0768.**

With the treadmill connected to your computer, you can also go to our Web site at [www.iFIT.com](http://www.iFIT.com) and access programs directly from the internet. Additional options are soon to be available. **See [www.iFIT.com](http://www.iFIT.com) for more information.**

Whether you select the manual mode, a program, or the iFIT.com mode, the personal TV will allow you to enjoy the programs of your choice while you exercise.

**! CAUTION:** Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing at the right) while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse-driven programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

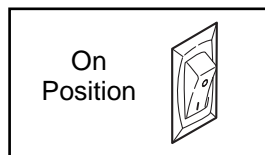
## GETTING STARTED

### 1 Plug in the power cord.

See page 11.

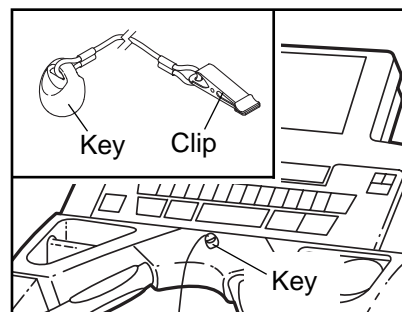
### 2 Move the on/off switch to the on position.

Locate the on/off switch on the treadmill near the power cord. Move the on/off switch to the on position.



### 3 Insert the key into the console.

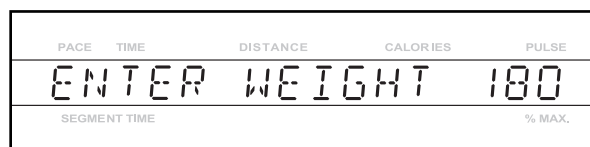
Find the key and the clip, and attach the clip to the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**



Insert the key into the console again. After a moment, various displays and indicators on the console will light.

### 4 Enter your weight.

Although you can use the console without entering your weight, the console will more accurately count the Calories that you burn if you enter your weight. To enter your weight, first press the ENTER AGE/WT button. The words ENTER WEIGHT and the current weight setting will appear in the main display.



Press the + and – buttons above the ENTER AGE/WT button to enter your weight. To enter your weight quickly, hold the buttons down. Once you have entered your weight, it will be saved in the console's memory.

**To use the manual mode of the console**, follow the steps beginning on page 14. **To use a preset program**, see page 16. **To use a pulse-driven program**, see page 17. **To use the fitness test program**, see page 19. **To use an iFIT.com CD or video program**, see page 23. **To use an iFIT.com program directly from our Web site**, see page 24. **To use the personal TV**, see page 25. **To use the console's information mode**, see pages 25 and 26.



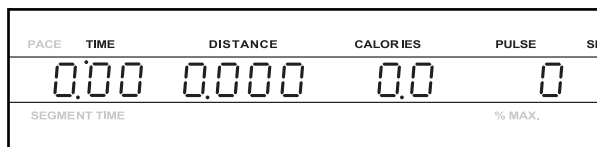
## HOW TO USE THE MANUAL MODE

### 1 Insert the key into the console.

See GETTING STARTED on page 13.

### 2 Select the manual mode.

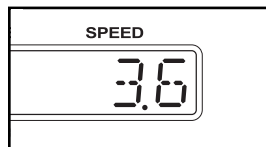
When the key is inserted, the manual mode will automatically be selected. If a program or the iFIT.com mode has been selected, press the MODE button repeatedly until the main display appears as shown below.



### 3 Press the START button or the SPEED + button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the SPEED + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed quickly, press the QUICK SPEED buttons. The speed range is 0.5 mph to 12 mph. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected speed setting.



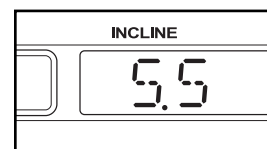
To stop the walking belt, press the STOP button. The time will begin to flash in the main display. Note: If the walking belt is stopped and no console buttons are pressed for five minutes, the console will enter a time out mode and the words PUSH ANY BUTTON TO START A NEW PROGRAM will begin to scroll across the main display.

To restart the walking belt, press the START button or the SPEED + button and then adjust the speed as desired.

### 4 Change the incline of the treadmill as desired.

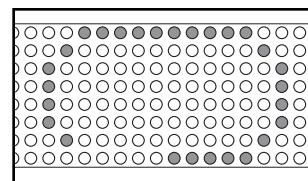
To change the incline of the treadmill, press the INCLINE + and – buttons. Each time a button is pressed, the incline will change by 0.5%.

The incline range is 0% to 15%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.



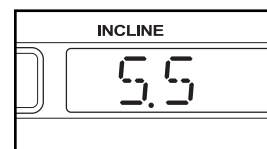
### 5 Follow your progress with the matrix and the main display.

**The matrix**—When the manual mode or the iFIT.com mode is selected, the matrix will display a 1/4-mile track. As you exercise, the indicators around the track will light in sequence to show your position on the track. Each time you complete a 1/4-mile lap, a new lap will begin.



**The main display**—The main display will show the following information:

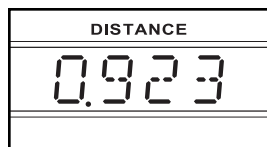
**Incline**—The left end of the main display will show the incline level of the treadmill.



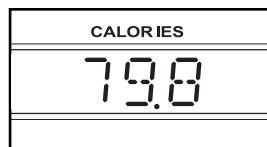
**Pace/Time**—When the manual mode or the iFIT.com mode is selected, this section of the main display will show the elapsed time. When a preset program or a pulse-driven program is selected, the display will show the time remaining in the program and the time remaining in the current segment of the program. The display will change from one number to the other every seven seconds. During the fitness test program, the display will show the elapsed time and the time remaining in the current segment of the program. Note: Any time that the speed setting changes, the display will show your current pace (in *minutes per mile*) for seven seconds.



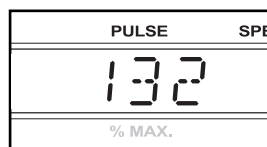
**Distance**—The center section of the main display will show the distance that you have walked or run.



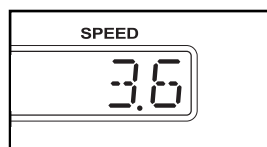
**Calories**—This section of the main display will show the approximate number of Calories you have burned.



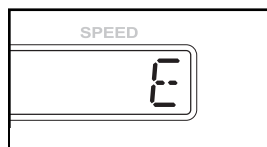
**Pulse/% Max**—When you are using the handgrip pulse sensor or the chest pulse sensor, this section of the main display will show your heart rate (see step 6 on this page). When a pulse-driven program is selected, the display will show your heart rate and the *corresponding percentage* of your *estimated maximum heart rate*. (See step 5 on page 18 for an explanation of your estimated maximum heart rate.) The display will change from one number to the other every seven seconds.



**Speed**—The right end of the main display will show the speed of the walking belt.



Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, hold down the STOP button while inserting the key into the console. An E for English miles or an M for metric kilometers will appear on the right end of the main display. Press the SPEED + button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it. **Note: For simplicity, all instructions in this manual refer to miles.**

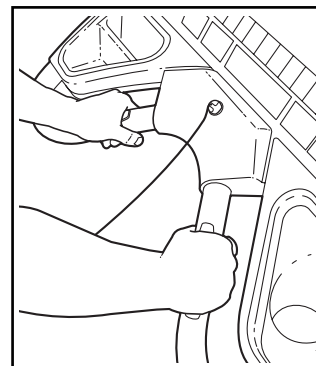


To reset the displayed time, distance, and Calories at any time, press the RESET button.

## 6 Measure your heart rate if desired.

To use the chest pulse sensor, see page 10. To use the handgrip pulse sensor, follow the instructions below.

To measure your heart rate, **stand on the foot rails** and hold the handgrip pulse sensor with both hands. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts—



**avoid moving your hands.** When your pulse is detected, the words ACQUIRING PULSE will appear in the main display and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for at least 15 seconds.**

## 7 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails and press the STOP button. Next, remove the key from the console and put the key in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 25 and turn off the demo mode.**

When the treadmill is not in use, switch the on/off switch near the power cord to the off position and unplug the power cord.

## HOW TO USE PRESET PROGRAMS

### 1 Insert the key into the console.

See GETTING STARTED on page 13.

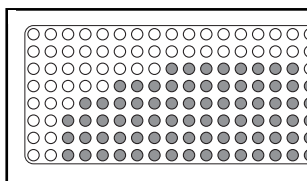
### 2 Select one of the six preset programs.

When the key is inserted, the manual mode will automatically be selected. To select one of the six preset programs, press the MODE button repeatedly until the words CARDIO WALK 1, CARDIO WALK 2, ENDURANCE 1, ENDURANCE 2, FINISH LINE 1, or FINISH LINE 2 appear in the main display. Note: CARDIO WALK 1 is a low-intensity walking program; CARDIO WALK 2 is a low-intensity running program; ENDURANCE 1 is a medium-intensity walking program; ENDURANCE 2 is a medium-intensity running program; FINISH LINE 1 is a high-intensity walking program; and FINISH LINE 2 is a high-intensity running program.



When a preset program is selected, the maximum incline setting for the program will flash at the left end of the main display and the maximum speed setting will flash at the right end of the main display. After three seconds, the name of the selected program and the total program time will scroll across the main display. If desired, you can change the maximum incline setting or the maximum speed setting by pressing the INCLINE or SPEED buttons. If you increase either setting, the difficulty level of the entire program will increase; if you decrease either setting, the difficulty level of the entire program will decrease.

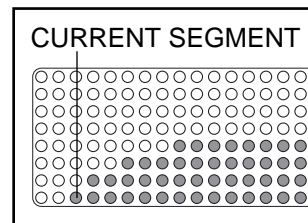
When a preset program is selected, the matrix will show a graph representing the speed settings for the program.



### 3 Press the START button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each program is divided into several time segments of different lengths. The main display will show both the time remaining in the program and the time remaining in the current segment of the program. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment is shown in the flashing CURRENT SEGMENT column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for upcoming segments are shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the CURRENT SEGMENT column and the column to the right will flash and a tone will sound. In addition, if the speed and/or incline of the treadmill is about to change, the speed setting and/or incline setting will flash in the main display to alert you, and three tones will sound. When the first segment is completed, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing CURRENT SEGMENT column and the treadmill will automatically adjust to the speed and incline settings for the second segment. The program will continue until the speed setting for the final segment is shown in the CURRENT SEGMENT column and no time remains in the program. The walking belt will then slow to a stop.

Note: Each time a segment ends and the speed settings move to the left, *if all of the indicators in the CURRENT SEGMENT column are lit, the speed settings may move downward so that only the highest indicators in the columns appear in the matrix*. When the speed settings move to the left again, if not all of the indicators in the CURRENT SEGMENT column are lit, the speed settings will move back up.

Note: You can manually override the speed or incline setting for the current segment by pressing the SPEED or INCLINE buttons. Every few times a SPEED button is pressed, an additional indicator will light or darken in the CURRENT SEGMENT column. (If any of the columns to the right of the CURRENT SEGMENT column have the same number of lit indicators as the CURRENT SEGMENT column, an additional indicator may light or



darken in those columns as well.) **Important:** When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

To stop the program at any time, press the STOP button. The time will begin to flash in the main display. To restart the program, press the START button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

#### 4 Follow your progress with the main display.

See step 5 on page 14.

#### 5 Measure your heart rate if desired.

See step 6 on page 15.

#### 6 When the program is completed, remove the key.

Step onto the foot rails. Remove the key from the console and put the key in a secure place. **Note:** If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 25 and turn off the demo mode.

When the treadmill is not in use, switch the on/off switch near the power cord to the off position and unplug the power cord.

## HOW TO USE PULSE-DRIVEN PROGRAMS

Pulse-driven programs automatically control the speed and incline of the treadmill to keep your heart rate near a target level while you exercise. Follow the steps below to use a pulse-driven program.

### 1 Put on the chest pulse sensor.

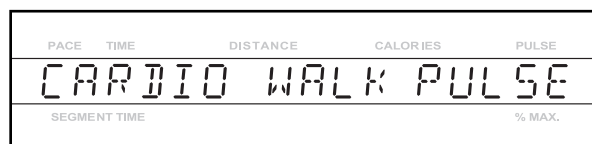
You must wear the chest pulse sensor to use a pulse-driven program. See the instructions on page 8.

### 2 Insert the key into the console.

See GETTING STARTED on page 13.

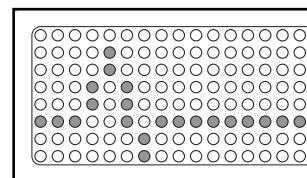
### 3 Select one of the three pulse-driven programs.

When the key is inserted, the manual mode will be selected. To select one of the three pulse-driven programs, press the MODE button repeatedly until the words **CARDIO WALK PULSE**, **ENDURANCE PULSE**, or **MANUAL PULSE** appear in the main display. Note: The **CARDIO WALK PULSE** program will keep your heart rate near 65% of your *estimated maximum heart rate* (see step 5 on page 18 for an explanation of your estimated maximum heart rate). The **ENDURANCE PULSE** program will keep your heart rate near 80% of your estimated maximum heart rate. The **MANUAL PULSE** program will keep your heart rate near a percentage that you select.



When a pulse-driven program is selected, the name of the selected program and the total program time will scroll across the main display. The words **ENTER AGE** and the current age setting will then be shown (see step 4 on page 18).

During pulse-driven programs, the matrix will show a moving graphic that represents your heart rate. Each time a heart-beat is detected, an additional peak will appear in the graphic.



#### 4 Enter your age.

**You must enter your age to use a pulse-driven program.** To enter your age, press the + and – buttons above the ENTER AGE/WT button. The buttons can be held down to enter your age quickly. The age range is 20 to 80 years. When your age is shown, press the ENTER AGE/WT button.

PACE	TIME	DISTANCE	CALORIES	PULSE
ENTER AGE 35				
SEGMENT TIME		% MAX.		

**If you have selected the CARDIO WALK PULSE program or the ENDURANCE PULSE program, go to step 6. If you have selected the MANUAL PULSE program, go to step 5.**

#### 5 Enter a target heart rate setting.

After you have entered your age, the words ENTER PERCENT and the current target heart rate setting for the program will be shown in the main display. The target heart rate setting represents a *percentage* of your *estimated maximum heart rate*. Your estimated maximum heart rate is 220 minus your age. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute ( $220 - 30 = 190$ ). If you are 30 years old, a target heart rate setting of 50 is equal to 95 beats per minute (50% of 190 is 95).

PACE	TIME	DISTANCE	CALORIES	PULSE
ENTER PERCENT 50				
SEGMENT TIME		% MAX.		

If desired, you can change the target heart rate setting by pressing the + and – buttons above the ENTER AGE/WT button. The buttons can be held down to change the target heart rate setting quickly. The target heart rate setting can be from 50% to 85% of your estimated maximum heart rate.

#### 6 Press the START button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each pulse-driven program is divided into one-minute segments. The main display will show both the time remaining in the program and the time remaining in the current segment of the program. One target heart rate setting is programmed for each segment. (During the MANUAL PULSE program, the same target heart rate setting will be programmed for all segments.)

When only three seconds remain in the first segment of the program, a series of tones will sound and then the speed and/or incline of the treadmill will change, if needed, to bring your heart rate closer to the target heart rate setting for the next segment. The speed and/or incline setting will flash in the main display to alert you before the speed and/or incline changes. The program will continue until no time remains in the program. The walking belt will then slow to a stop.

If the speed and incline setting for the current segment is too high or too low, you can adjust the setting with the SPEED or INCLINE buttons. However, if you *decrease* the speed, the incline will automatically *increase*; if you *increase* the speed, the incline will *decrease*. If you *increase* the incline, the speed will *decrease*; if you *decrease* the incline, the speed will *increase*. *The treadmill will always attempt to keep your heart rate near the target heart rate setting for the current segment.* Note: When the incline reaches the lowest setting, the speed cannot be increased any further. When the incline reaches the highest setting, the speed cannot be decreased any further.

If your pulse is not detected during the program, the letters PLS will flash in the main display and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, see the instructions on page 10.

To stop the program at any time, press the STOP button. Pulse-driven programs should not be stopped temporarily and then restarted. To use a pulse-driven program again, reselect the program and start it at the beginning.

#### 7 Follow your progress with the main display.

See step 5 on page 14.

#### 8 When the program is completed, remove the key.

See step 6 on page 17.

## HOW TO USE THE FITNESS TEST PROGRAM

The fitness test program measures your relative fitness level. For the best results, the program should be used at a time when your energy level is high; the program should not be used if you have already exercised during the day. Follow the steps below to use the program.

### 1 Put on the chest pulse sensor.

**You must wear a chest pulse sensor to use a pulse-driven program.** See the instructions on page 10.

### 2 Insert the key into the console.

See GETTING STARTED on page 13.

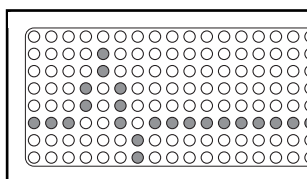
### 3 Select the fitness test program.

When the key is inserted, the manual mode will be selected. To select the fitness test program, press the MODE button repeatedly until the words FITNESS TEST appear in the main display. The words ENTER AGE will then be shown (see step 4 below).

PACE	TIME	DISTANCE	CALORIES	PULSE
FITNESS TEST ENT				
SEGMENT TIME		% MAX.		

When the fitness test program is selected, the words FITNESS TEST will scroll across the main display. The words ENTER AGE and the current age setting will then be shown (see step 4 below).

During the fitness test program, the matrix will show a moving graphic that represents your heart rate. Each time a heart-beat is detected, an additional peak will appear in the graphic.



### 4 Enter your age.

**You must enter your age to use the fitness test program.** To enter your age, see step 4 on page 18.

PACE	TIME	DISTANCE	CALORIES	PULSE
ENTER AGE 35				
SEGMENT TIME		% MAX.		

### 5 Press the START button to start the program.

When the button is pressed, the main display will show the words LEVEL 1, indicating that the first four-minute level of the fitness test program has begun. The incline of the treadmill will automatically adjust to 3% and the walking belt will begin to move at 1.5 mph. Hold the handrails and begin walking.

PACE	TIME	DISTANCE	CALORIES	PULSE
0:35 LEVEL 1 118				
SEGMENT TIME		% MAX.		

The fitness test program is divided into seven, four-minute levels. One speed setting and one incline setting are programmed for each level. At the end of each minute of the program, a tone will sound; when the first four-minute level is completed, a tone will sound and the main display will show the words LEVEL 2, indicating that the second four-minute level has begun. The incline will then change to 4% and the speed of the walking belt will increase to 2.5 mph.

At the beginning of each four-minute level, the speed and/or incline of the treadmill will automatically increase. The fitness test program will continue in this way until your heart rate reaches 70% of your estimated maximum heart rate and the current four-minute level is completed. *The fitness test program will then end, regardless of how many levels remain.*

When the fitness test program is completed, the words COOL DOWN will be shown in the main display and a two-minute cool-down period will begin. The speed and incline will then decrease.

PACE	TIME	DISTANCE	CALORIES	PULSE
1:49 COOL DOWN 118				
SEGMENT TIME		% MAX.		

When the cool-down period is completed, the walking belt will slow to a stop and your fitness level will be shown in the main display. There are ten fitness levels; fitness level 10 is the highest.

PACE	TIME	DISTANCE	CALORIES	PULSE
FIT LEVEL 06				
SEGMENT TIME		% MAX.		

Note: The SPEED and INCLINE buttons will not function while the fitness test program is selected. If your pulse is not detected during the program, the letters PLS will flash in the main display. If your pulse is not detected at the end of any four-minute level, the fitness test program will end and the main display will show a fitness level of 00.

The fitness test program cannot be stopped temporarily and then restarted. However, the program can be stopped at any time with the STOP button. The main display will then show an estimated fitness level.

## **6** When the program is completed, remove the key.

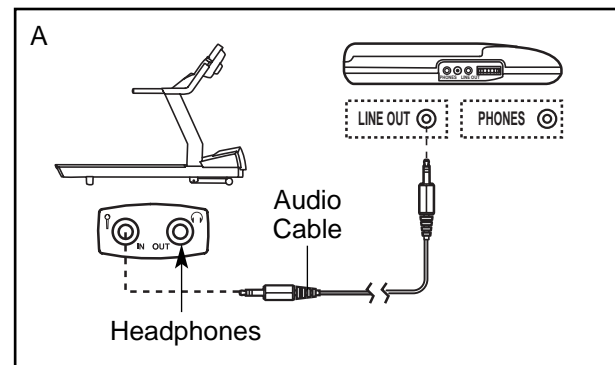
See step 6 on page 17.

## **HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER**

**To use iFIT.com CDs**, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 20 to 22 for connecting instructions. **To use iFIT.com videocassettes**, the treadmill must be connected to your VCR. See page 22 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 22 for connecting instructions.

## **HOW TO CONNECT YOUR PORTABLE CD PLAYER**

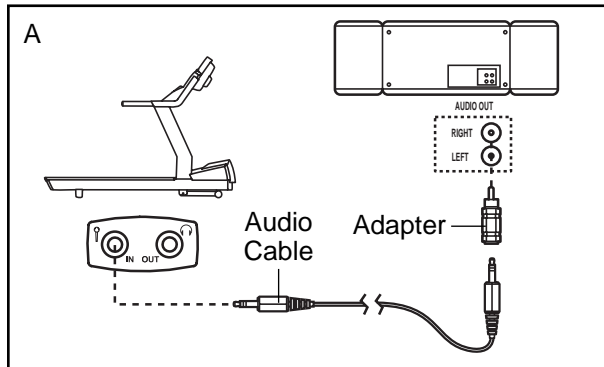
- A. Plug one end of the audio cable into the indicated jack on the left side of the console. Plug the other end of the cable into the PHONES jack or LINE OUT jack on your CD player. Plug your headphones into the other jack on the console.



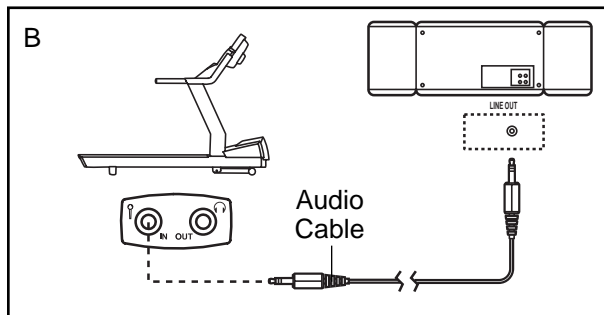
## HOW TO CONNECT YOUR PORTABLE STEREO

**Note:** If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

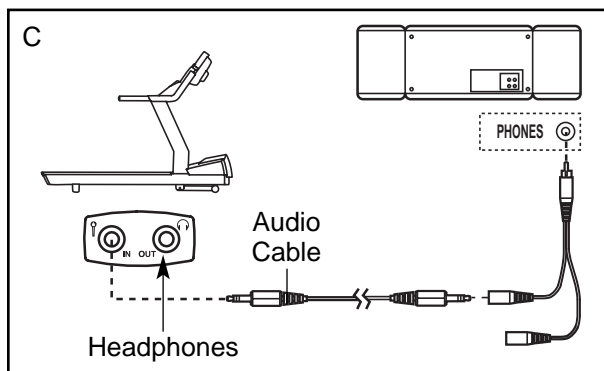
- A. Plug one end of the audio cable into the jack on the left side of the console. Plug the other end of the cable into the included adapter. Plug the adapter into an AUDIO OUT jack on your stereo.



- B. Plug one end of the audio cable into the jack on the left side of the console. Plug the other end of the cable into the LINE OUT jack on your stereo.



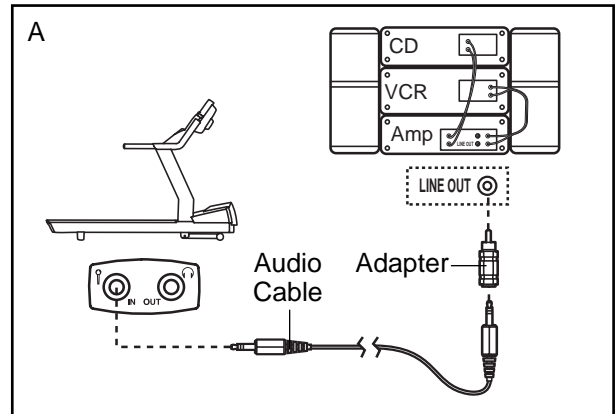
- C. Plug one end of the audio cable into the indicated jack on the left side of the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the other jack on the console.



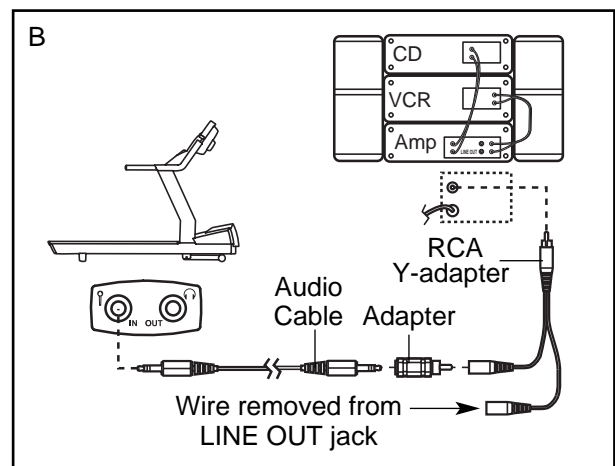
## HOW TO CONNECT YOUR HOME STEREO

**Note:** If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

- A. Plug one end of the audio cable into the jack on the left side of the console. Plug the other end of the cable into the included adapter. Plug the adapter into the LINE OUT jack on your stereo.

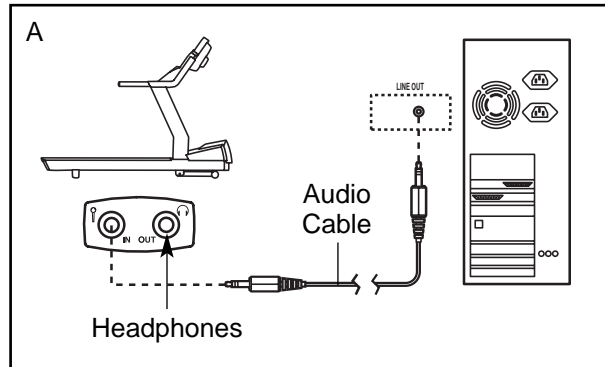


- B. Plug one end of the audio cable into the jack on the left side of the console. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.



## HOW TO CONNECT YOUR COMPUTER

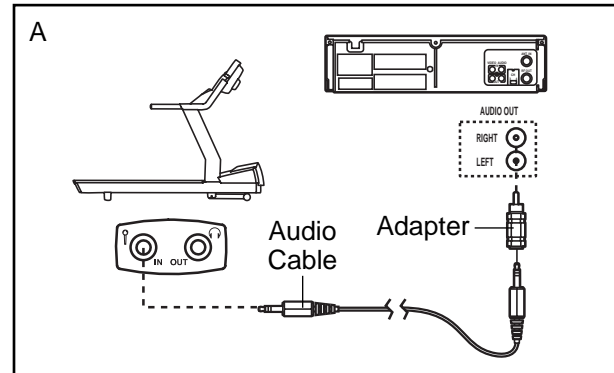
- A. Plug one end of the audio cable into the indicated jack on the left side of the console. Plug the other end of the cable into the PHONES jack or LINE OUT jack on your computer. Plug your headphones into the other jack on the console.



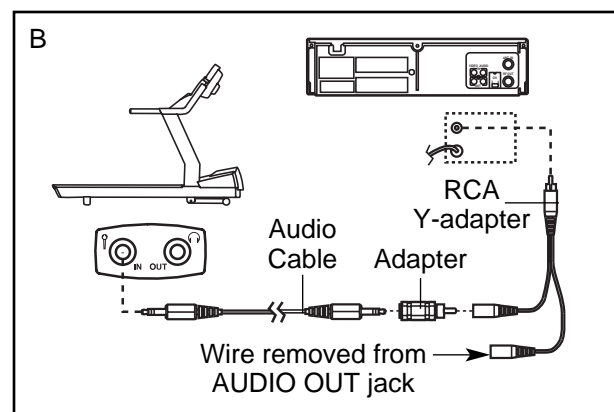
## HOW TO CONNECT YOUR VCR

**Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 21.**

- A. Plug one end of the audio cable into the jack on the left side of the console. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack on the left side of the console. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.





## HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on page 20. **Note: To purchase iFIT.com CDs or videocassettes, call toll-free 1-800-735-0768.**

Follow the steps below to use an iFIT.com CD or video program.

### 1 Insert the key fully into the console.

See GETTING STARTED on page 13.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To select the iFIT.com mode, press the IFIT.COM button. The indicator on the button will light.



### 3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

### 4 Press the PLAY button on your CD player or VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. **Note:** If the time is flashing in the main display, press the START button on the console. The treadmill will not respond to a CD or video program while the time is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the SPEED or INCLINE buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings for the program.**

To stop the walking belt at any time, press the STOP button on the console. The time will begin to flash in the main display. To restart the program, press the START button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings for the program.**

When the program is completed, the walking belt will stop and the time will begin to flash in the main display. **Note:** To use another CD or video program, press the STOP button or remove the key and go to step 1.

**Note: If the speed or incline of the treadmill does not change when a "chirp" is heard:**

- **Make sure that the iFIT.com indicator is lit and that the time is not flashing in the main display. If the time is flashing, press the START button on the console.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

### 5 Follow your progress with the main display.

See step 5 on page 14.

### 6 Measure your heart rate if desired.

See step 6 on page 15.

### 7 When the program is completed, remove the key.

See step 6 on page 17.

## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at [www.iFIT.com](http://www.iFIT.com) allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See [www.iFIT.com](http://www.iFIT.com) for details.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 22. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

### 1 Insert the key fully into the console.

See GETTING STARTED on page 13.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To select the iFIT.com mode, press the IFIT.COM button. The indicator on the button will light.



### 3 Go to your computer and start an internet connection.

### 4 Start your web browser, if necessary, and go to our Web site at [www.iFIT.com](http://www.iFIT.com).

### 5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

### 6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

### 7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change.

**CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the SPEED or INCLINE buttons on the console. **However, when the next “chirp” is heard, the speed and/or incline will change to the next settings for the program.**

To stop the walking belt at any time, press the STOP button on the console. The time will begin to flash in the main display. To restart the program, press the START button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings for the program.**

When the program is completed, the walking belt will stop and the time will begin to flash in the time display. Note: To use another program, press the STOP button and go to step 5.

**Note: If the speed or incline of the treadmill does not change when a “chirp” is heard, make sure the iFIT.com indicator is lit and that the time is not flashing in the main display. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

### 8 Follow your progress with the main display.

See step 5 on page 14.

### 9 When the program is completed, remove the key.

See step 6 on page 17.



## HOW TO USE THE TELEVISION

Whether you select the manual mode, a program, or the iFIT.com mode, the personal TV will allow you to enjoy the programs of your choice while you exercise. Note: For the television to operate, an antenna, a CATV cable, or a VCR must be connected to the treadmill. See page 9 for connecting instructions.

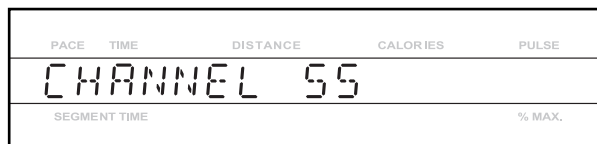
To use the personal TV, follow the instructions below.

### 1 Insert the key fully into the console.

See GETTING STARTED on page 13.

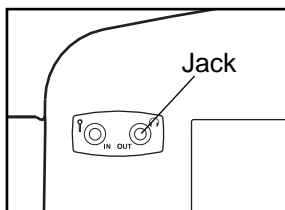
### 2 Select the desired channel.

Press the CHANNEL + and – buttons to select a channel. The selected channel will appear in the main display. Note: The console has the capability to find and store in memory all of the valid TV channels in your area. See pages 25 and 26 for instructions. If a satellite receiver, VCR, or DVD player is connected, the channel must be changed at the satellite receiver, VCR, or DVD player.



### 3 Put on headphones (not included) if desired.

To listen to television programs using headphones, plug your headphones into the indicated jack on the left side of the console.



### 4 Adjust the volume.

Press the VOLUME + and – buttons to select the desired volume. The selected volume setting will appear in the main display.



### 5 When you are finished using the TV, remove the key.

See step 6 on page 17.

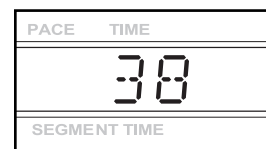
## THE INFORMATION MODE

The console features an information mode that allows you to access information and to view and change various settings. Follow the steps below to use the information mode.

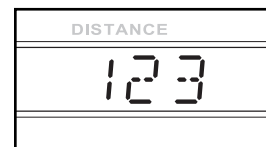
### 1 Hold down the STOP button while inserting the key.

When the information mode is selected, the main display will show the following information:

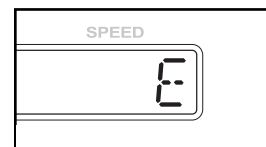
The left side of the main display will show the total number of hours that the treadmill has been used.



The center of the main display will show the total distance that the walking belt has moved.



The right side of the main display will show an E for English miles or an M for metric kilometers. Press the SPEED + button to change the unit of measurement if desired.



**IMPORTANT: Make sure there is not a letter D in the main display.** If a D appears, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a D appears in the display when the information mode is selected, press the SPEED – button so the display is blank.**

## 2 Press the STOP button again and enable or disable the TV.

To make the TV available for use, press the + or – button above the ENTER AGE/WT button until the words TV POWER ON appear in the main display. To prevent the TV from being used, press the + or – button until the words TV POWER OFF appear.



If you have disabled the TV, go to step 6. If you have enabled the TV, go to step 3.

## 3 Press the STOP button again and select a cable TV connection or an antenna connection.

If you are using a cable TV connection, press the + or – button above the ENTER AGE/WT button until the words TV MODE CABLE STATIONS appear in the main display. If you are using an antenna connection, press the + or – button until the words TV MODE AIR STATIONS appear.



## 4 Press the STOP button again and program TV channels.

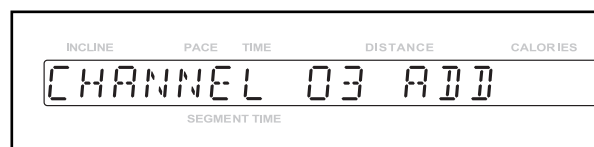
The console has the capability to find and store in memory all of the valid TV channels in your area. While the words PRESS CHANNEL UP TO SCAN TV CHANNELS are scrolling across the main display, press the CHANNEL + button to start the channel scanning process.



The console will begin scanning all TV channels. If no broadcast signal is detected on a channel, the channel will be skipped; if a signal is detected, a tone will sound and the channel will be stored in memory. This process will continue until the highest channel is reached. The lowest channel stored in memory will then appear in the main display.

## 5 Press the STOP button again and delete or add TV channels.

After all valid TV channels have been stored in the console's memory, you can delete unwanted channels or add other channels. To delete or add a channel, first press the CHANNEL + and – buttons until the channel appears in the main display.



To add the channel, press the + or – button above the ENTER AGE/WT button until the word DELETE appears in the main display; to delete the channel, press the + or – button until the word ADD appears. Then, select the next channel that you want to delete or add. Repeat this process until you have finished deleting or adding channels.

## 6 Remove the key to exit the information mode.

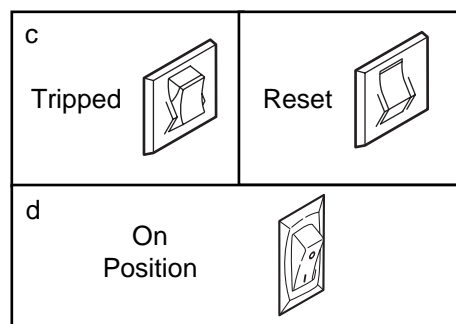
When you are ready to exit the information mode, remove the key from the console.

# TROUBLESHOOTING

Most treadmill problems can be solved by following the steps outlined in this section. Find any symptoms that apply, and follow the steps listed. If further assistance is needed, please call Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time.

## 1. SYMPTOM: THE POWER DOES NOT TURN ON

- Make sure that the power cord is fully plugged into the treadmill. In addition, make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. Important: The treadmill is not compatible with GFCI-equipped outlets.
- Make sure that the key is inserted into the console.
- Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.
- Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.

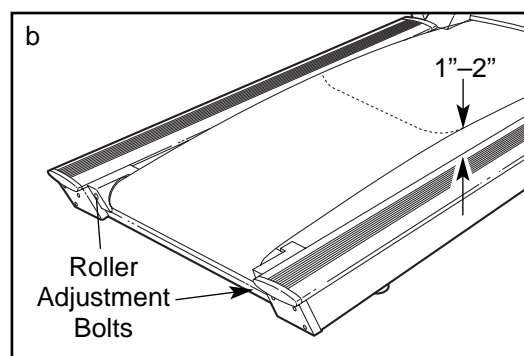


## 2. SYMPTOM: THE POWER TURNS OFF DURING USE

- Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
- Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
- Remove the key from the console. Reinsert the key fully into the console.
- Make sure that the on/off switch is in the on position.
- If the treadmill still will not run, please call our Customer Service Department, toll-free.

## 3. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

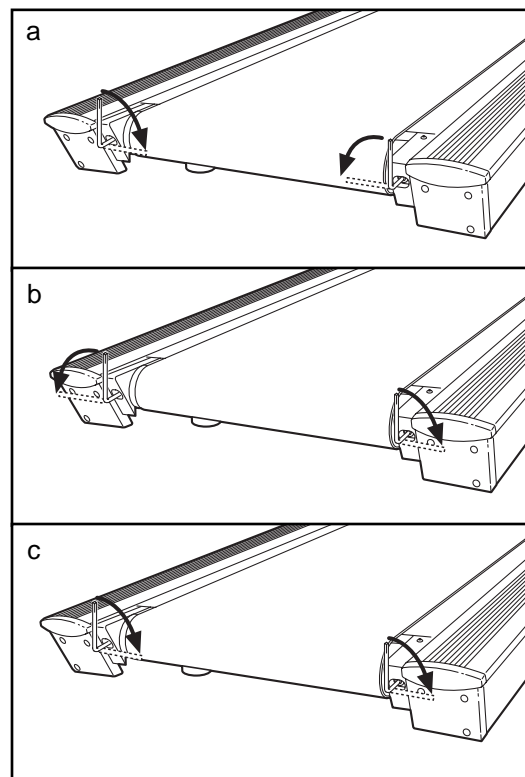
- Use only a single-outlet surge suppressor that meets all of the specifications described on page 11.
- If the walking belt is overtightened, performance may decrease and the walking belt may be damaged. If the walking belt is properly tightened, you should be able to lift each side of the walking belt 1 to 2 inches off the walking platform. **If adjustments need to be made, first remove the key and unplug the power cord.** Using the included allen wrench, turn both roller adjustment bolts counterclockwise 1/4 of a turn. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and use the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



- If the walking belt still slows when walked on, please call our Customer Service Department toll-free.

#### 4. SYMPTOM: THE WALKING BELT IS OFF-CENTER

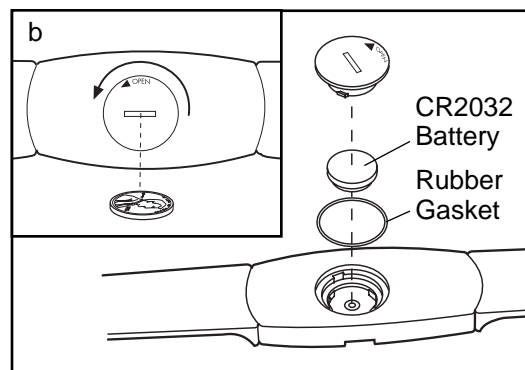
- a. **If the walking belt has shifted to the left: Remove the key and unplug the power cord.** Using the included allen wrench, turn each roller adjustment bolt 1/4 of a turn in the direction shown. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and use the treadmill for a few minutes. Repeat until the walking belt is centered.
- b. **If the walking belt has shifted to the right: Remove the key and unplug the power cord.** Using the included allen wrench, turn each roller adjustment bolt 1/4 of a turn in the direction shown. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and use the treadmill for a few minutes. Repeat until the walking belt is centered.
- c. **If the walking belt slips when walked on: Remove the key and unplug the power cord.** Using the included allen wrench, turn both roller adjustment bolts clockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 1 to 2 inches off the walking platform. The center of the walking belt should just touch the walking platform. Make sure to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



#### 5. SYMPTOM: THE CHEST PULSE SENSOR DOES NOT FUNCTION PROPERLY

- a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 10.
- b. If the heart rate monitor still does not function properly, the battery should be changed. To replace the battery, locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover and turn the cover counter-clockwise to the “open” position. Remove the cover.

Next, remove the old battery from the sensor unit. Insert a new **CR 2032 battery**, making sure that the writing is on top. In addition, make sure that the rubber gasket is in place in the sensor unit. Replace the battery cover and turn it to the closed position.



#### 6. SYMPTOM: THE INCLINE OF THE TREADMILL DOES NOT CHANGE CORRECTLY OR DOES NOT CHANGE WHEN IFIT.COM CDS AND VIDEOS ARE PLAYED

- a. With the key in the console, press one of the INCLINE buttons. **While the incline is changing, remove the key.** After a few seconds, reinsert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

## 7. SYMPTOM: THE SURFACE OF THE WALKING PLATFORM IS DAMAGED

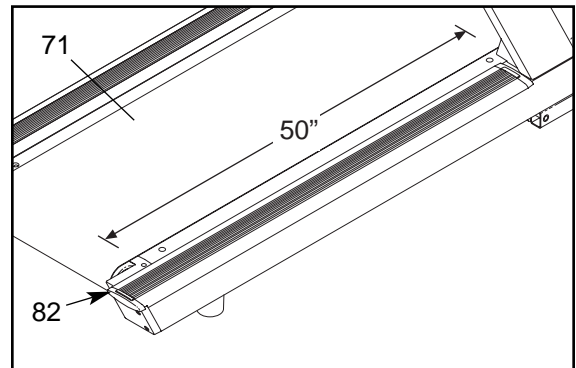
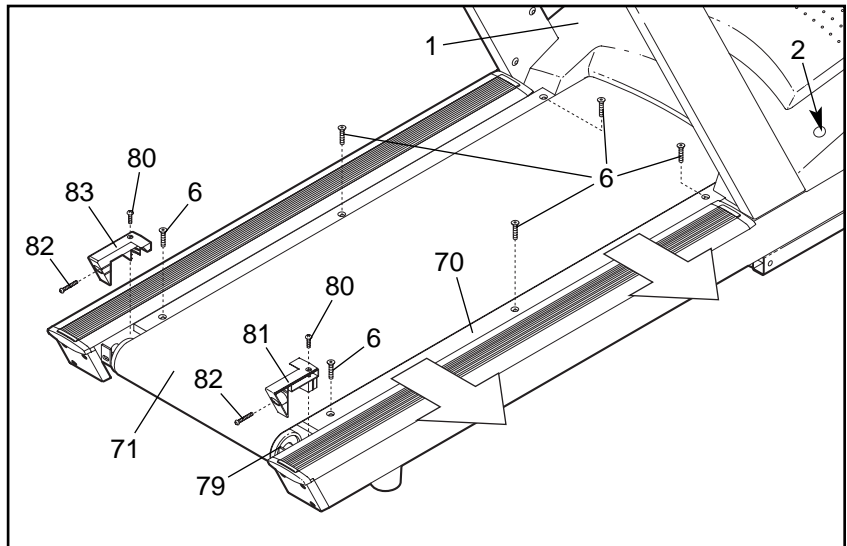
- a. Both sides of the walking platform are designed to be used as walking surfaces. If the surface becomes damaged, or if there is any wood showing through the coating, the walking platform can be turned over. The walking platform typically needs to be turned over after approximately 6,000 to 7,500 miles. Follow the instructions below to turn over the walking platform.

**Remove the key and unplug the power cord.** Remove the two Hood Screws (2) and lift off the Motor Hood (1). Next, remove the two Rear Roller Bolts (82), the two Roller Guard Screws (80), and the Right and Left Roller Guards (81, 83).

Remove the six Platform Screws (6). Lift the Rear Roller (79) and slide it out of the Walking Belt (71). Lift the Walking Platform (70) a few inches, slide it out of the Walking Belt, turn it over, and then slide it back into the Walking Belt. Slide the Rear Roller back into the Walking

Belt. Reattach the six Platform Screws (6). Reattach the Right and Left Roller Guards (81, 83) with the two Roller Guard Screws (80). Insert the Rear Roller Bolts (82) into the Roller Guards and thread them into the Rear Roller (79). Reattach the Motor Hood (1) with the two Hood Screws (2).

Next, the Walking Belt (71) will need to be adjusted to the proper tension. Using chalk, make two marks exactly 50" apart on the Walking Belt as shown. Then, tighten both Rear Roller Bolts (82) until the two chalk marks move apart an additional 3/16" to 1/4". Make sure to keep the Walking Belt centered.



## 8. SYMPTOM: TELEVISION RECEPTION IS POOR

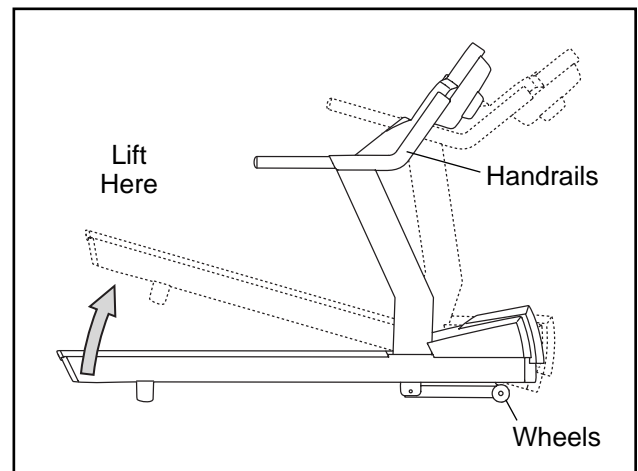
- a. For the television to operate properly, good reception is necessary. If you are using an antenna, make sure it is properly connected and adjusted for optimal reception. (See ANTENNA CONNECTIONS on page 9.)
- b. Check for the problems listed below and follow the applicable instructions.
  - Ignition (black spots or horizontal streaks that appear on a picture that flutters or drifts)—Usually this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing the position of the treadmill or other electric appliances to correct the problem.
  - Ghosts—Ghosts are caused by the television signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects. Change the direction or position of the antenna to improve reception.
  - Snow—If the treadmill is located in the fringe area of a television station where the signal is weak, the picture may be marred by the appearance of small dots. If the signal is weak, it may be necessary to install an external antenna to improve the picture.

Note: If one of these symptoms appears when the cable from a CATV company is connected, the symptom may be caused by the local company broadcast.

## HOW TO MOVE THE TREADMILL

Note: It may be helpful to leave the treadmill at an incline when moving the treadmill. **Before moving the treadmill, make sure that the power cord is unplugged from the wall outlet.**

**Due to the size and weight of the treadmill, moving it requires two persons.** While one person lifts the indicated end, firmly hold the handrails and tip the treadmill forward until it rolls on the front wheels. Carefully move the treadmill to the desired location and then lower it. **CAUTION: To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over uneven surfaces.**





# EXERCISE GUIDELINES

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES							
AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the handgrip pulse sensor or the chest pulse sensor.

### Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for en-

ergy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

Each workout should include the following three parts:

**A Warm-up**—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

**Training Zone Exercise**—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**A Cool-down**—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. FMTL39940

R1103A

To locate the parts listed below, see the EXPLODED DRAWING on pages 34 and 35.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Hood	52	4	Motor Bushing
2	2	Hood Screw	53	4	Motor Mount Washer
3	2	Outlet Cover Screw	54	1	Pulley Nut
4	4	Hood Mounting Clip	55	4	Motor Bolt
5	2	Rear Foot	56	1	Pulley Washer
6	6	Platform Screw	57	1	Power Wire Harness
7	6	Isolator	58	1	Wiring Plate (Right)
8	1	iFIT Wire	59	1	#10 Screw Allen Wrench
9	6	Isolator Nut	60	1	CD Holder Foam (Long)
10	1	Foot Rail (Left)	61	1	Incline Motor
11	2	Foot Rail Inset	62	1	Incline Motor Bolt (Lower)
12	4	Pulse Sensor Base	63	1	Cup Holder Foam
13	1	Front Endcap (Left)	64	2	Wheel Bolt
14	1	Idler Arm Bolt	65	2	Wheel
15	4	Pulley Screw	66	2	Incline Leg Bolt
16	1	1-Foot Wire w/Plug	67	2	Incline Leg Nut
17	4	Power Box Screw	68	4	Mounting Clip
18	1	Outlet Cover	69	1	Incline Leg
19	1	Outlet Back	70	1	Walking Platform
20	1	Motor Belt	71	1	Walking Belt
21	1	Pulley Bolt	72	1	Front Endcap (Right)
22	2	Outlet Nut	73	1	Front Roller/Pulley
23	1	Idler Arm Nylon Washer	74	20	Foot Rail Screw/Power Box Screw
24	2	Frame Insert	75	1	Foot Rail (Right)
25	1	Idler Pulley	76	1	Frame
26	1	Front Roller Bolt	77	5	Small Insert
27	2	Lock Washer	78	4	Endcap Screw
28	2	Ground Nut	79	1	Rear Roller
29	1	Static Decal	80	2	Roller Guard Screw
30	1	Idler Arm Spring	81	1	Roller Guard (Right)
31	4	Motor Nut	82	2	Rear Roller Adj. Bolt
32	1	Idler Arm	83	1	Roller Guard (Left)
33	1	Speed Disk	84	1	Rear Endcap (Left)
34	3	Speed Disk Screw	85	1	Cup Holder Insert
35	2	Sensor Screw	86	1	CD Holder Insert
36	1	Speed Sensor	87	1	Key/Clip
37	1	CD Holder Foam	88	1	Console
38	1	Sensor Bracket	89	1	Console Base
39	1	Hole Plug	90	2	Handrail Endcap
40	1	Motor	91	1	Handrail
41	1	Motor Isolator	92	13	Console Back Screw
42	2	Incline Motor Nut (Top)/Idler Nut	93	4	Console Back Screw
43	1	Incline Motor Bolt (Top)	94	1	Console Back
44	4	Pulse Sensor Screw	95	1	Upright (Right)
45	1	Filter Wire	96	8	Upright Bolt
46	2	Hood Bracket (Front)	97	1	Upright (Left)
47	1	On/Off Circuit Breaker	98	4	Pulse Sensor
48	1	Power Cord	99	8	Handrail Bolt
49	1	Power Cord Outlet	100	1	Upright Wire Harness
50	2	Wheel Spacer	101	1	Controller Wire
51	1	Circuit Breaker	102	1	Allen Wrench (7/32")



Key No.	Qty.	Description	Key No.	Qty.	Description
103	1	Allen Wrench (5/16")	128	1	Controller
104	1	Tie Block	129	1	Controller Bracket
105	2	Belt Guide Bolt	130	6	Rail Endcap Screw
106	1	Voltage Decal (Small)	131	1	Ferrite Clamp
107	5	Cable Tie	132	1	Power Board Harness
108	2	Belt Guide	133	1	TV Cable
109*	1	Idler Arm Assembly	134	1	Motor Hub
110	1	Rear Endcap (Right)	135	1	Upright TV Cable
111	1	Motor Flywheel	136	1	Console Ground Wire
112	1	Idler Arm Bolt	137	1	Jack
113	1	Rear Foot Locknut	138	1	Wiring Plate (Left)
114	1	Foam Grip (Left)	#	1	27" Wire Harness, 2F
115	2	Rear Roller Adj. Washer	#	1	10" Blue Wire, 2F
116	2	Wheel Washer	#	1	10" Blue Wire, M/F
117	1	Right Foam Grip	#	1	12" Green Wire, F/M Ring
118	2	Nylon Incline Washer	#	1	4" Green Wire F/Ring, 14Ga
119	2	Ground Screw	#	1	10" Black Wire, M/F
120	2	Hood Bracket (Back)	#	1	4" Black Wire, 2F
121	1	Incline Motor Spacer	#	1	10" Red Wire, M/F
122	1	Pulse Monitor	#	1	6" White Wire, 2F
123	12	Electronics Screw	#	1	User's Manual
124	1	Transformer			
125	1	Power Board			
126	4	Plastic Standoff			
127	1	Power Board Bracket			

\* Includes all parts shown in the box

# These parts are not illustrated

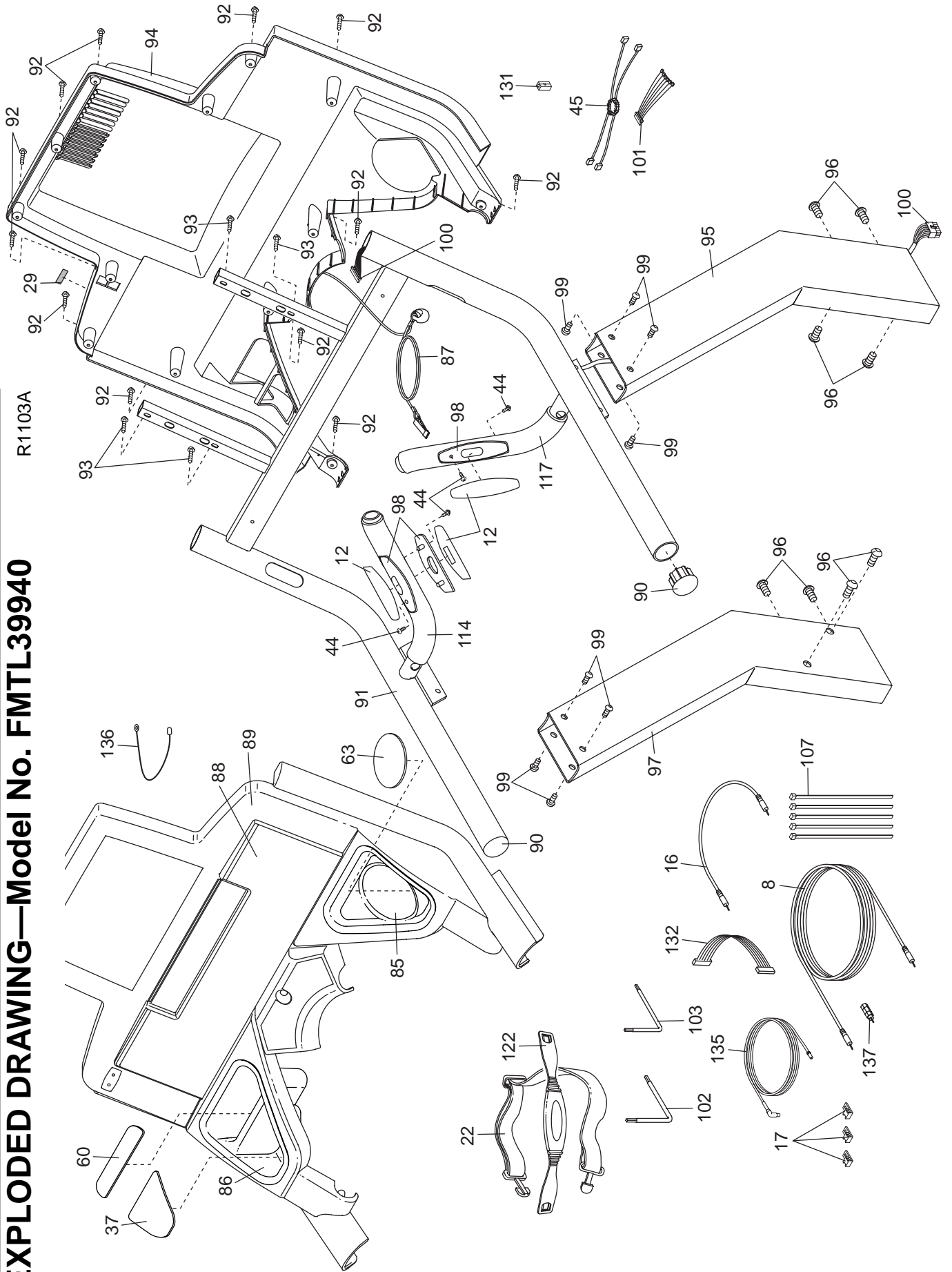
## ORDERING REPLACEMENT PARTS

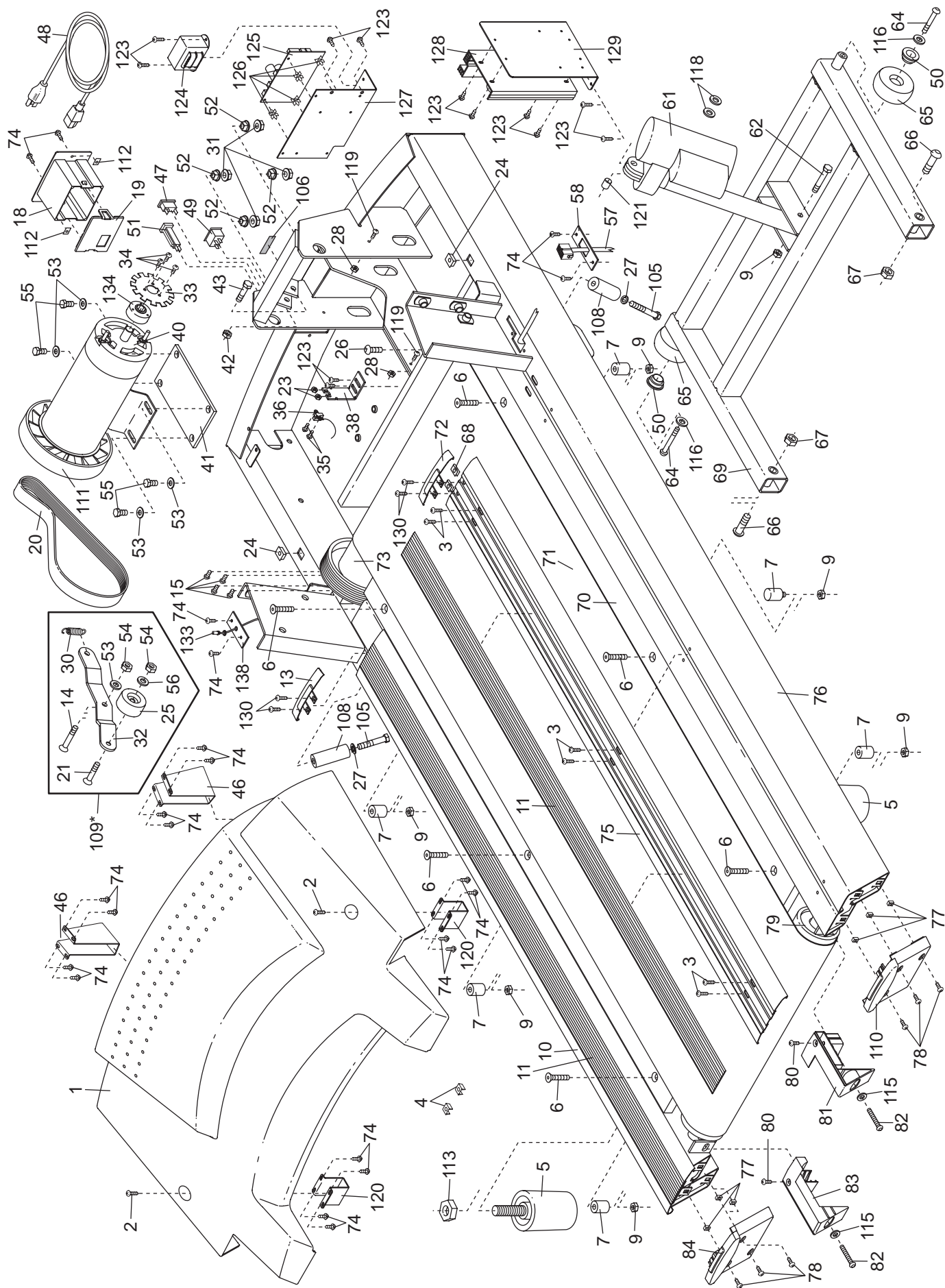
To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (FMTL39940)
- The NAME OF THE PRODUCT (EPIC™ T40 treadmill)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST on pages 32 and 33 and the EXPLODED DRAWING on pages 34 and 35).

# EXPLODED DRAWING—Model No. FMTL39940

R1103A





## LIMITED WARRANTY

**WHAT IS COVERED**—The entire EPIC™ T40 treadmill ("Product") is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED**—The original purchaser or any person receiving the Product as a gift from the original purchaser.

**HOW LONG IS IT COVERED**—ICON Health & Fitness, Inc. ("ICON"), warrants the frame for a lifetime. The motor for ten years after the date of purchase. The rollers for four years, the parts for two years, the belt, deck and labor are covered for one year after the date of purchase. The grips, labels, and face plates are covered for six months after the date of purchase.

**WHAT WE DO TO CORRECT COVERED DEFECTS**—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

**WHAT IS NOT COVERED**—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual"). This warranty does not extend to products used for commercial or rental purposes or to products used as store display modules.

**WHAT YOU MUST DO**—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

**USER'S MANUAL**—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**HOW TO GET PARTS AND SERVICE**—Simply call our Customer Service Department at 1-800-999-3756 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty.

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**